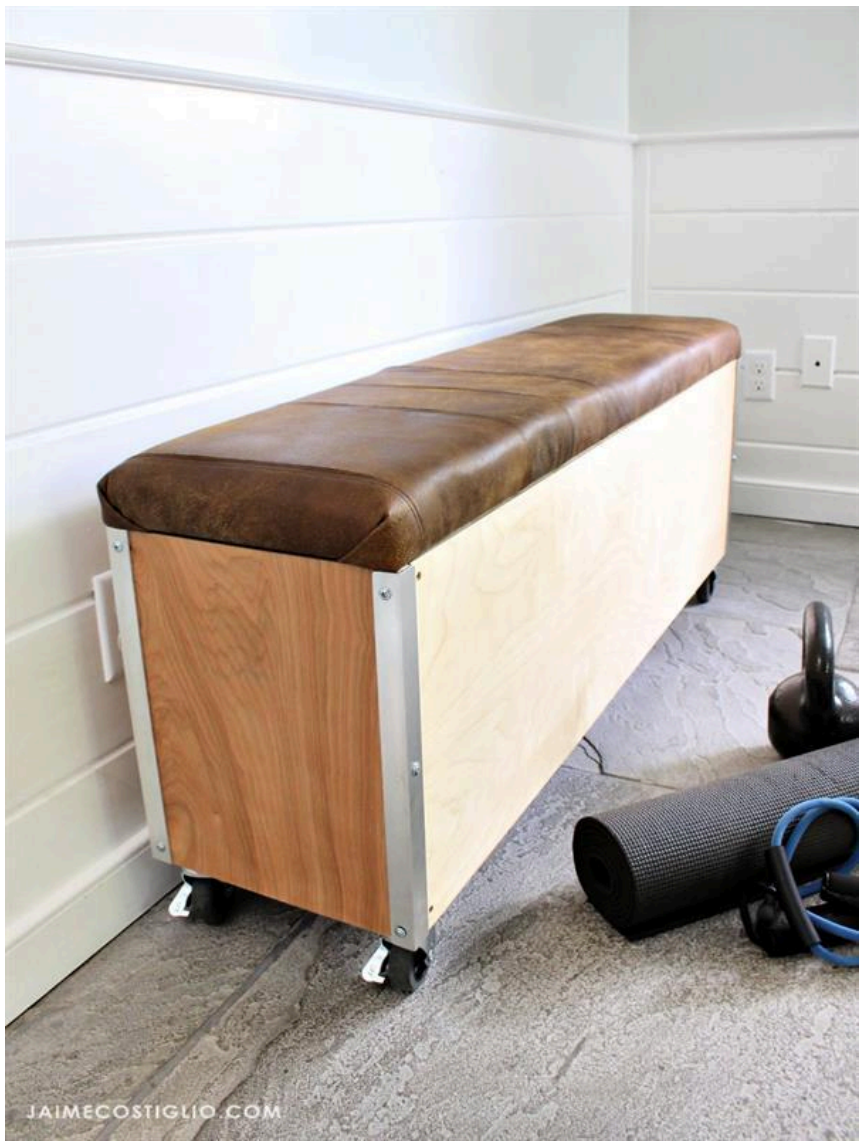
Workout Bench with Storage

Difficulty

Moderate

Build a super sturdy workout bench with storage for your home gym. A solid 2x3 frame wrapped in plywood with a cushion top that opens for plenty of storage below. Add locking wheels for mobility and you have a great workout bench.






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Tools

Kreg Tools


Accu-Cut™


Wood Project Clamp - 6"


Kreg® Pocket-Hole Jig 720

Other Tools

Circular Saw (cordless)

Miter Saw

Tape Measure

Impact Driver

Sander

Materials

Wood Products

1 Plywood , 3/4" Thick , Full Sheet

1 Plywood , 1/4" Thick , Quarter Sheet

5 Board , 2x3 , 96"

Hardware & Supplies

50 2 1/2" Pocket Hole Screws

20 2" Wood Screws

12 1 1/4" Wood Screws

1 2" Foam @ 12" X 48"

1 Batting @ 25" X 60"

1 Leather (Or Similar) 25" X 60"

1 Piano Hinge @ 36"

4 3" Locking Wheels

Cut List & Parts

4 Short Ends Vertical , 2x3 @ 8 3/4"

4 Short Ends Horizontal , 2x3 @ 10 1/2"

4 Cross Supports , 2x3 @ 43 1/2"

1 Bottom , 1/4" X 10 1/2" X 46 1/2"

2 Short Sides , 3/4" X 10 1/2" X 14"

2 Long Sides , 3/4" X 14" X 48"

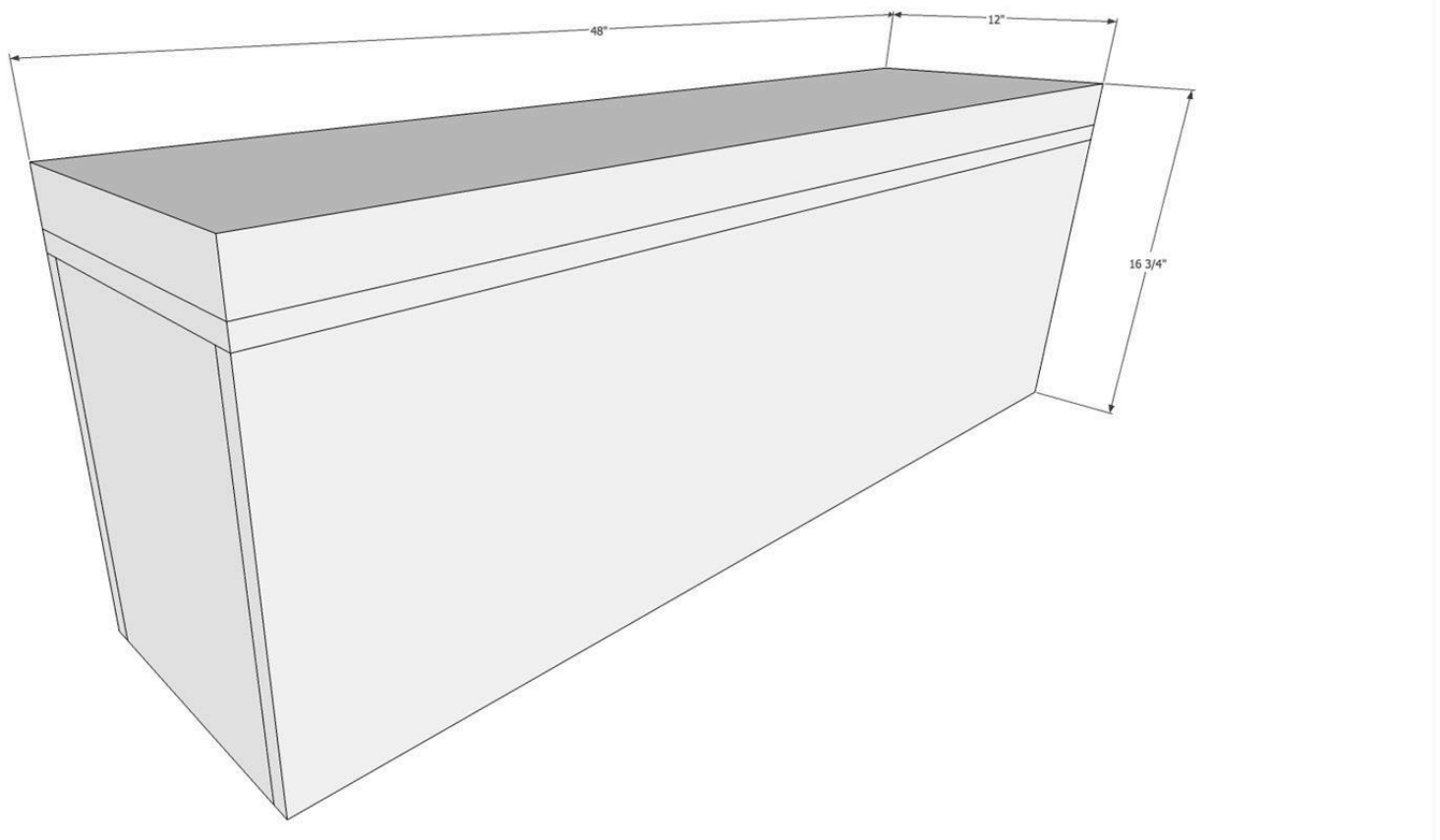
1 Top , 3/4" X 12" X 48"

1 Top Underside , 3/4" X 7" X 43"

Directions

1 Dimensions

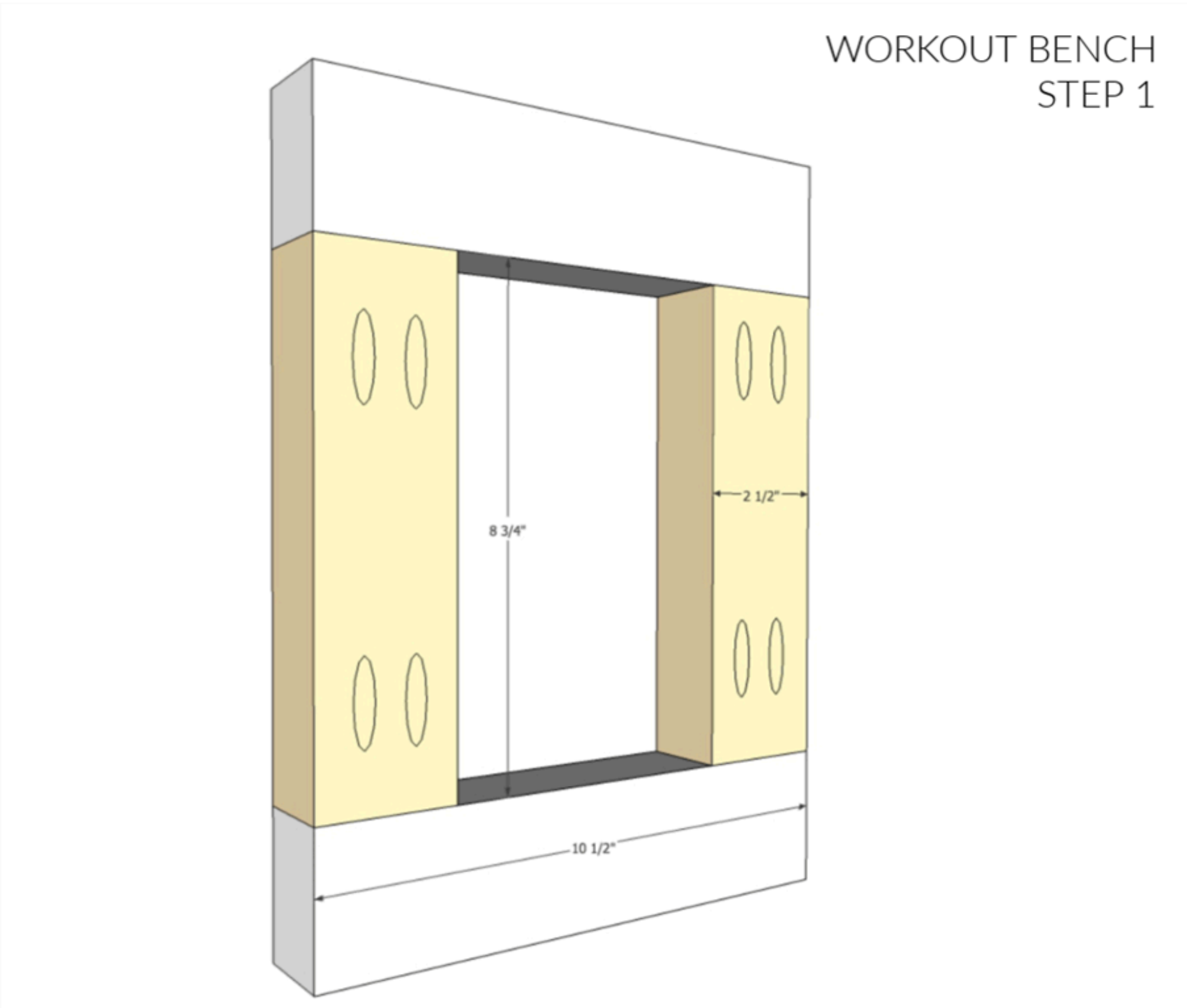
12"w x 48"l x 19"h (with wheels)



2 Step 1

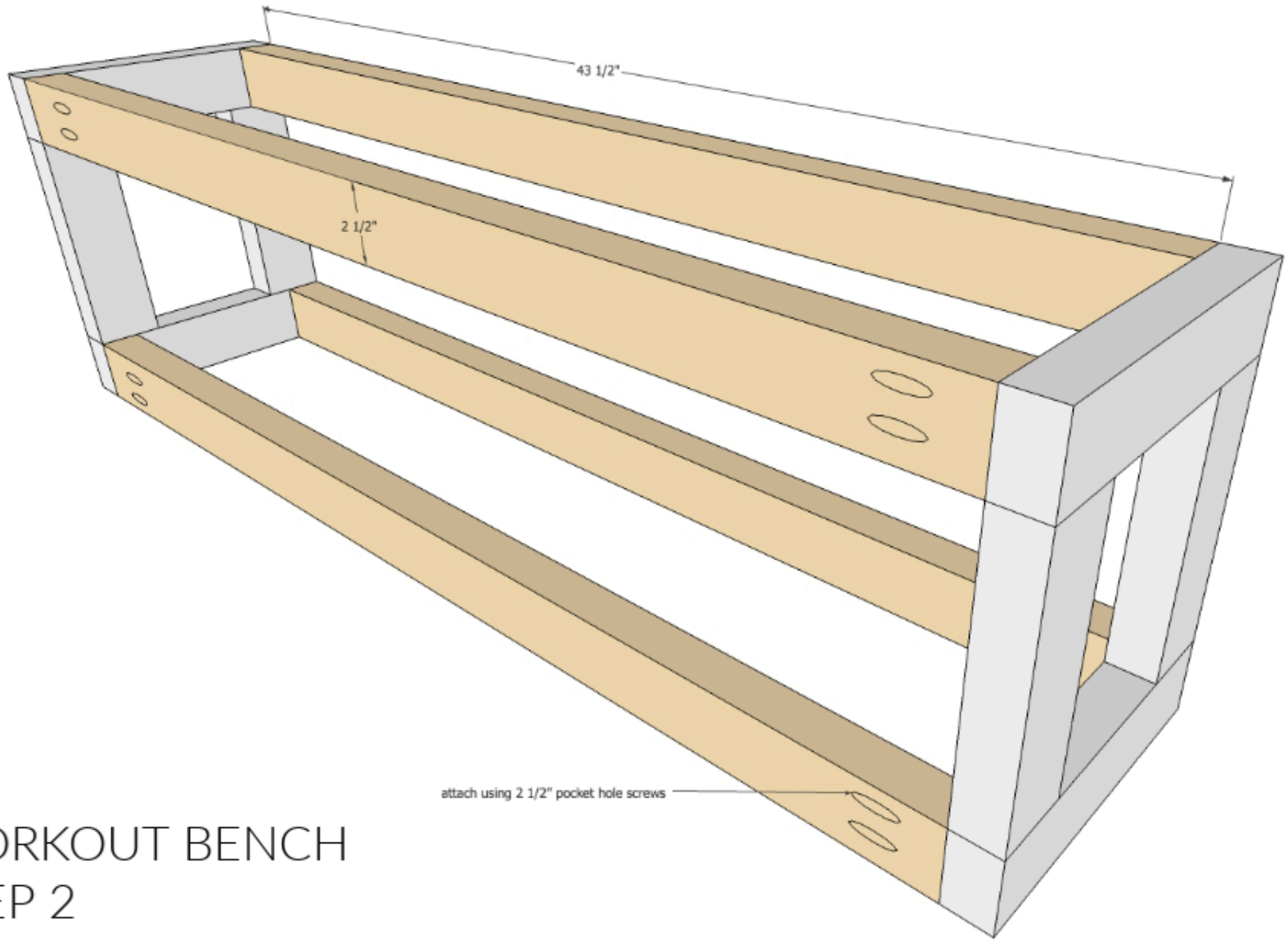
Attach the short vertical supports to the longer horizontal supports using pocket holes and 2 ½” pocket hole screws.

Make 2.



3 Step 2

Attach long cross supports to short ends using pocket holes and 2 ½” pocket hole screws.

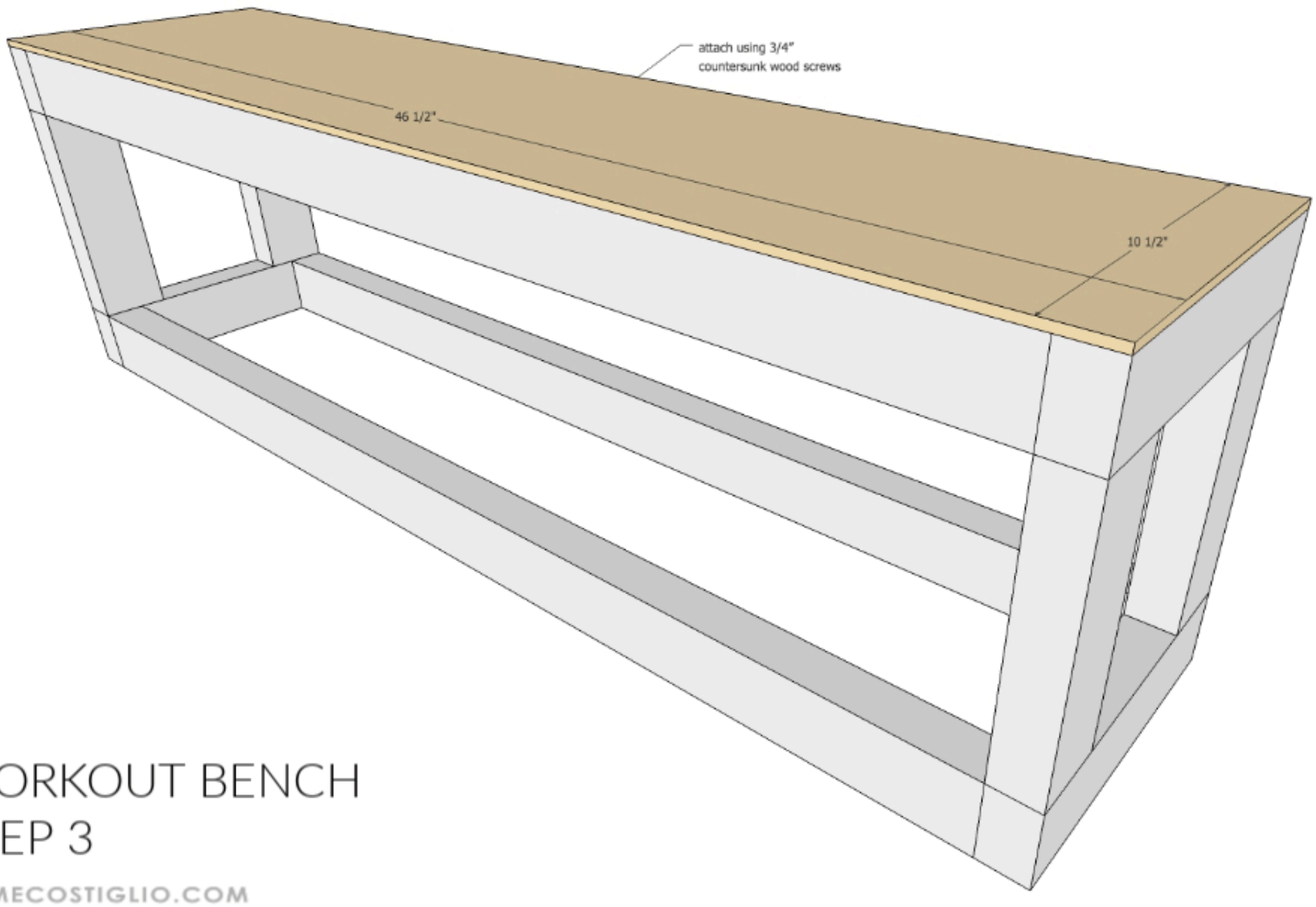


WORKOUT BENCH
STEP 2

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4 Step 3

Attach bottom to frame using countersunk 1 ¼” wood screws.

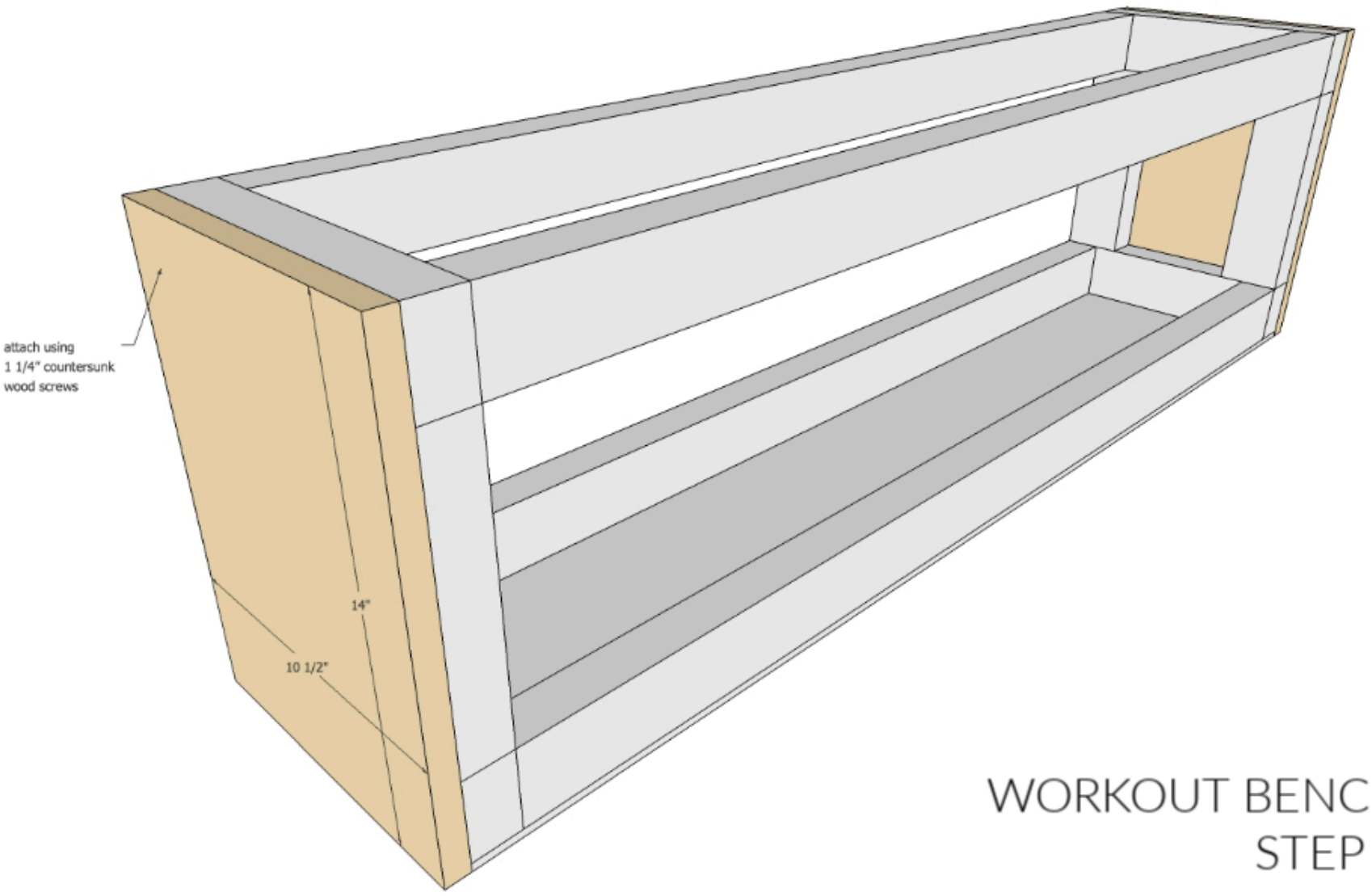


WORKOUT BENCH
STEP 3

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5 Step 4

Attach short sides to frame using 1 ¼” countersunk wood screws.



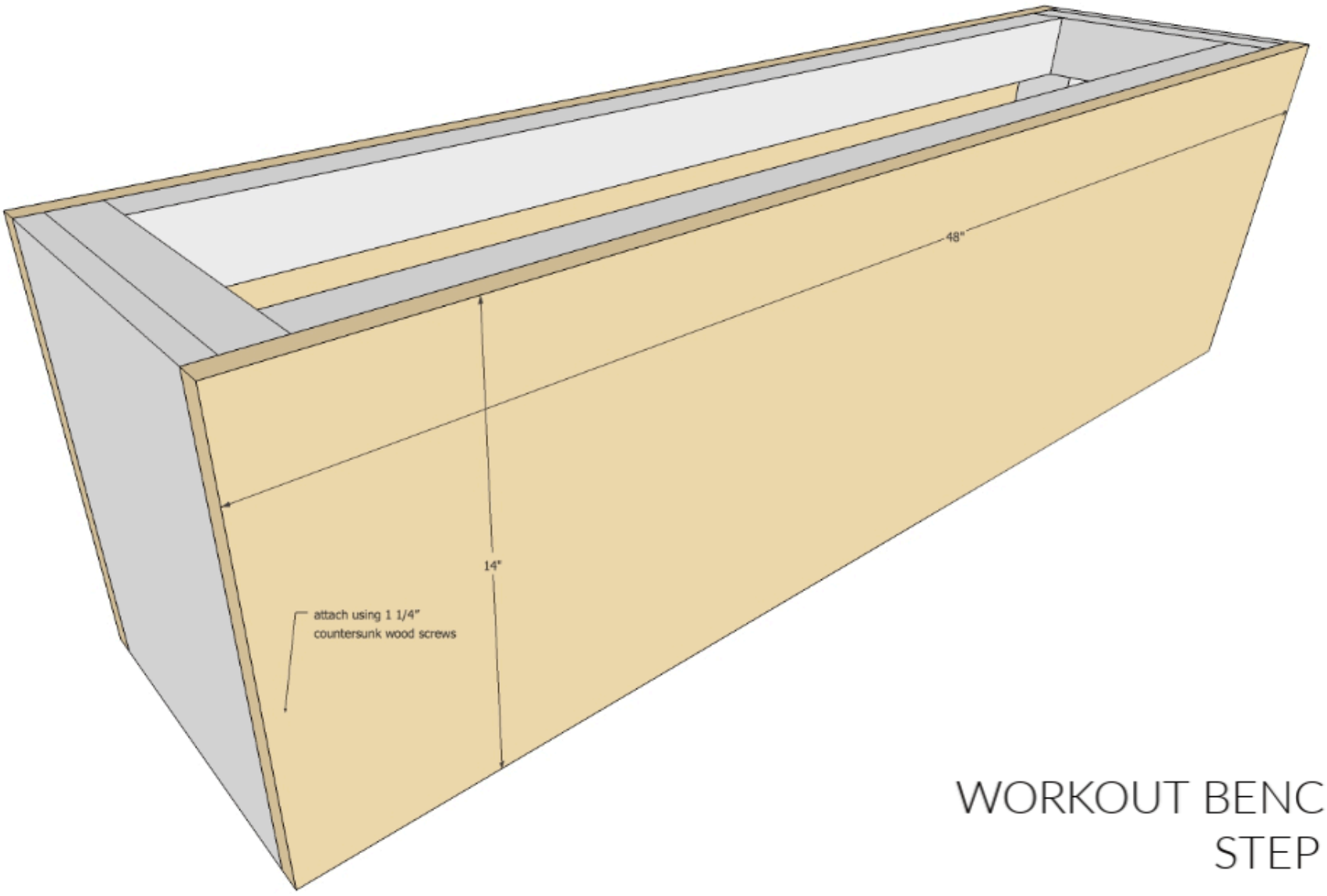
WORKOUT BENCH
STEP 4

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6

Step 5

Attach long sides to frame using 1 ¼” countersunk wood screws.



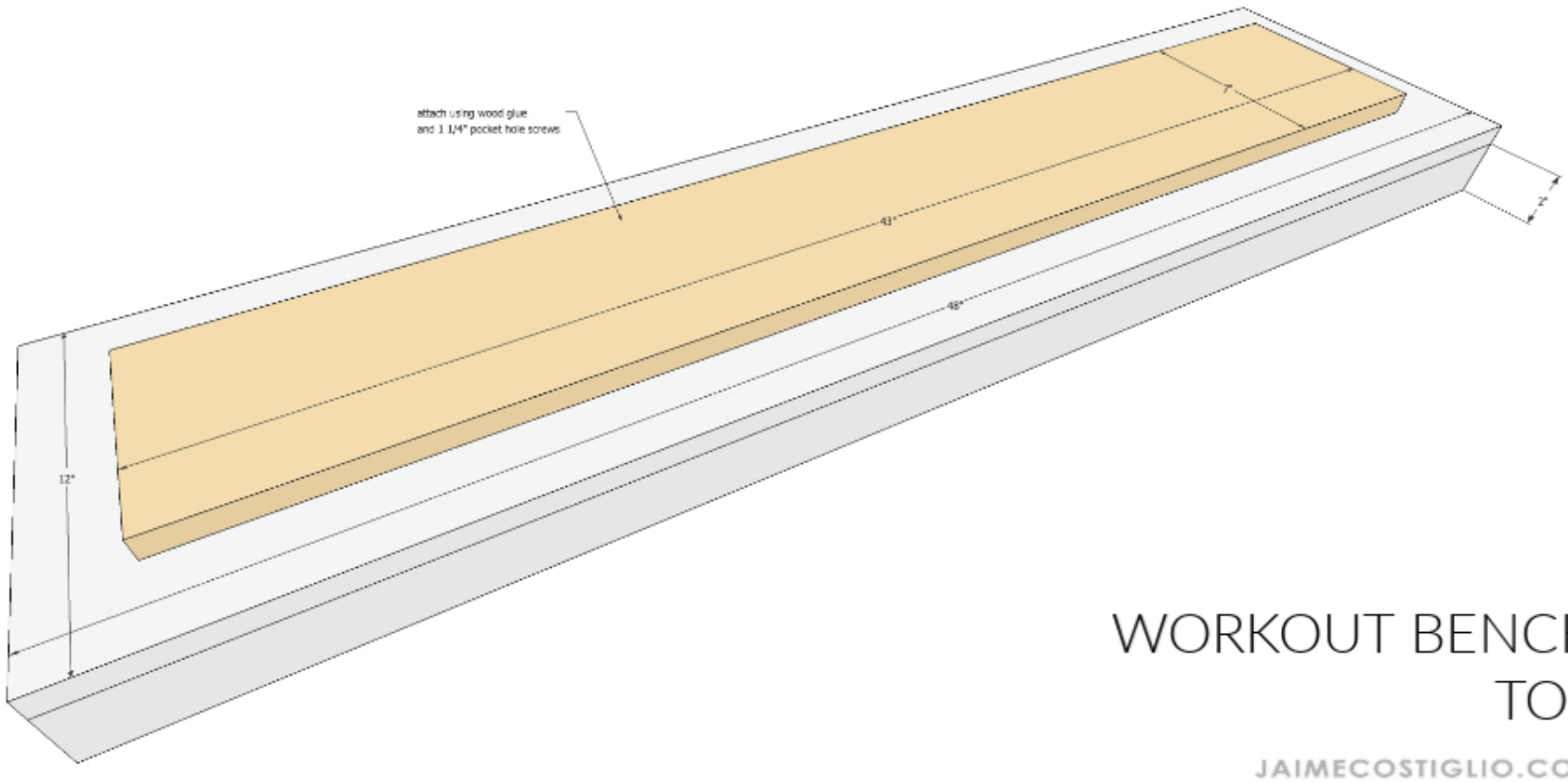
WORKOUT BENCH
STEP 5

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7 Top

After attaching leather, batting and foam then attach center top underside using wood glue and 1 ¼” countersunk wood screws.

Attach top to base using a piano hinge. Finish as desired and finally attach wheels to underside.



WORKOUT BENCH
TOP

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